

# Westminster Family Fitness Center Group Fitness Schedule effective 4/6/09

**contact us: 410.751.5501 [www.westgov.com/recreation and parks/family center](http://www.westgov.com/recreation%20and%20parks/family%20center)**

*The Mission of the Westminster Family Center's Group Fitness Team:*

*To provide a safe and enjoyable environment for people of all ages and fitness levels.*

*By providing a variety of aerobic, strength training, and mind body classes taught by*

*Nationally Certified Instructors*

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:00 - 7:00	<u>Step Chisel</u> <u>Interval</u> Lisa	<u>Cardio Chisel</u> <u>Fusion</u> Ali	<u>CYCLE</u> Missie	<u>Gentle Yoga</u> <i>Jennifer</i>	<u>CYCLE</u> Missie	<b>1<sup>st</sup> Sat. of Month, Bring a friend FREE</b>
8:30 - 9:30	<u>Dance Fit</u> Susanne	9-9:45 <u>Dance/Sculpt</u> Dee	<u>Dance/Sculpt</u> Dee	9-9:45 <u>Dance/Sculpt</u> Dee	<u>Dance Fit</u> Susanne	
9:15 - 10:15		<u>CYCLE</u> Beth		9:15-10 <u>CYCLE</u> Dana	<u>CYCLE</u> Stafford	9-10 <u>CYCLE</u> Alternate
9:30 - 10:30	<u>Step/Chisel</u> Cindi		<u>Basic Step</u> <u>Chisel</u> Tina		<u>Cardio Chisel</u> <u>Fusion</u> Cindi	9-10 <u>Cardio Chisel</u> <u>Fusion</u> Alternate
10:00-11:00		10-11:15 <u>Rip n Chisel</u> Sarah		10-11:15 <u>Rip n Chisel</u> Sarah	<u>Flex &amp; Flow</u> <i>Kristen</i>	<u>Flow Yoga</u> <i>Alternate</i>
12:10-12:50 Lunch Express	<u>Cardio Chisel</u> <u>Fusion</u> Beth	12:00-1:00 <b><u>PICK-UP</u></b> <b><u>BASKETBALL</u></b>	<u>Pilates</u> Sarah	12:00-1:00 <b><u>PICK-UP</u></b> <b><u>BASKETBALL</u></b>		
5 - 6		5:30-6:30 <u>Pilates</u> Billie	<b><u>PICK-UP</u></b> <b><u>BASKETBALL</u></b>	5:30-6:30 <u>Pilates</u> Billie		
6	6-7 <u>Flow Yoga</u> Sarah		6-6:45 <u>Flex &amp; Flow</u> Tricia			
6-7	<u>Rip n</u> <u>Chisel</u> Chris	<b><u>PICK-UP</u></b> <b><u>BASKETBALL</u></b>	<u>Step Chisel</u> <u>Interval</u> Tammy	<u>Cardio Chisel</u> <u>Fusion</u> Ali		
7-8	<u>Cardio</u> <u>Chisel</u> <u>Fusion</u> Kathleen	6:30-7:30 <u>Flow Yoga</u> <u>Rock</u> <u>Julie</u>		6:30-7:30 <u>Flow Yoga</u> <i>Shawn</i>		
7-8	<u>CYCLE</u> Wendy	<u>CYCLE</u> Dana	<u>ADVANCED</u> <u>CYCLE</u> Kristen		6:30-7:30 <u>CYCLE</u> Wendy	

**CYCLE CLASSES:** PLEASE SIGN UP NO MORE THAN 48 HOURS IN ADVANCE. ALSO, ARRIVE 10 MINUTES EARLY TO CLASS IN ORDER TO SET UP YOUR BIKE. THANK YOU! PLEASE BRING A TOWEL AND WATER.

**ALL PILATES, YOGA, FLEX & FLOW CLASSES HELD ON THE THIRD FLOOR**

OCCASIONALLY WE HAVE TO CANCEL A CLASS, WE APOLOGIZE FOR ANY INCONVIENCE!